

## ABSTRACT

The present invention is an exercise device comprised of an upper body member and a lower body member each comprising a padded platform having wheels. A user kneels on the lower body member and grasps the upper body member with their hands, optionally resting their forearms on the upper body member and from this starting position extends their body to a desired position before returning to the starting position. This procedure is repeated for the number of desired repetitions. Ideally, the exercise device provides two types of exercises: the first, a mini-crunch isolates the abdominal muscles to provide a focused workout, while the second exercise, the stretch and crunch, provides a full upper body workout including the abs, arms, back and shoulders. Both exercises are designed to allow the user to perform the workout without impingement of the neck or back as is common with many exercise devices known in the art.